



HEALTH HABITS

NURSERY 2 - AGE 4

1ST TERM

WKS	TOPICS	CONTENTS/ACTIVITIES	LEARNING MATERIALS
1	Care of nails	i. Show posters or charts on nails (toes & fingers) to the pupils. ii Demonstrate care of nails to the pupils e.g. washing of hands and arms with clean water and soap, the use of nail cutters to cut them short, apply cream.	- Posters/ photographs/charts - Television - Video CD - Sugar - Salt - Clean water - Clean bottle - Containers - Hand towel
2	Nails (cont'd)	List and discuss some items/tools for cleaning nails e.g. water, nail file, nails cutter. *Advise pupils not to cut nails by themselves.	- Soap - Basin - Chewing stick, tooth-brush - Tooth paste with fluoride
3	Care of Hair	i. Guide the pupils to identify hair/ on their heads. ii. Discuss the function of hair on the head e.g. to look beautiful, protect the	- Sponge. - Pictures/charts/ posters - Story book - Cardboard - Crayon



		head etc.	- Marker
4	Care of Hair (cont'd)	List and discuss some materials/tools that can be used to take care of hair e.g. washing with water and hair shampoo, drying with towel or dryer, creaming with oil, combing, plaiting.	
5	Care of Legs	i. Guide pupils to identify legs on their body. ii. Give the functions of the legs e.g. walking, driving, dancing, swimming, playing football, running etc.	
6	MID TERM BREAK	MID TERM BREAK	
7	Care of Legs (cont'd)	Discuss the care of the legs e.g. wash them with clean water, cut the toes' nails short, apply cream.	
8	Care of Hands	i. Encourage pupils to bring forth their hands for simple exercise. ii. Give functions of the hands e.g. holding, carrying, clapping, writing, cooking, playing games, eating etc.	
9	Care of Hands	Mention and discuss the	



	(cont'd)	care of hands e.g. washing – before and after a meal, after the use of toilet; cutting the nails short, applying cream.	
10&11	REVISION	REVISION	
12&13	EXAMINATION	EXAMINATION	



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2ND TERM

WKS	TOPICS	CONTENTS/ACTIVITIES	LEARNING MATERIALS
1	REVISION	Revision of 1 st term's work	<ul style="list-style-type: none"> - Posters/ photographs/ charts. - Newspaper cuttings on immunization. - Pictures of various types of immunization. - Pictorial/charts/ posters.
2	Care of Skin	<ul style="list-style-type: none"> i. Discuss simple meaning of skin. ii. Guide the pupils to identify skin on their body. iii. Mention and discuss the functions of the skin on our body e.g, it protects our body from heat and cold, it covers our bones etc. 	
3	Care of Skin (cont'd)	<ul style="list-style-type: none"> i. Mention and discuss the care of skin e.g. bathing regularly, rubbing cream or oil on it, cover with good and clean dresses etc. ii. Train the pupils not to expose the private part of the body. 	
4	Care of Ears	<ul style="list-style-type: none"> i. Guide pupils to identify the ears and where they are positioned in the body. ii. List and mention the uses 	



		of ears e.g. hearing, for wearing earrings etc.	
5	Care of Ears (cont'd)	i. Discuss the care of the ears with pupils e.g. clean with damp towel, cotton bud, rub cream on it. ii. Train pupils not to put sharp objects like nail, pin, broom stick, stones, beads into the ears.	
	MID TERM BREAK	MID TERM BREAK	
7	Care of Mouth	i. Give simple meaning of mouth. ii. List and discuss the uses of mouth e.g. smiling, laughing, crying, talking, singing, eating, shouting, blessing etc. iii. Sing songs or rhymes on mouth.	
8	Care of Mouth (cont'd)	Mention and discuss the steps in taking care of the mouth e.g. brushing of teeth two times daily with water, tooth brush/ chewing stick and toothpaste, goggle mouth with water after meal.	
9	Care of Eyes	i. Guide pupils to identify	



		eyes on the body. ii. List and discuss the uses of eyes e.g. to see, read, choose colour, etc. iii. Mention and discuss the care of the eyes e.g. rinsing with clean water, keep away from- dust, wind, direct sunlight rays, sharp or pointed objects etc.	
10&11	REVISION	REVISION	
12&13	EXAMINATION	EXAMINATION	



HEALTH HABITS

NURSERY 2 - AGE 4

3RD TERM

WKS	TOPICS	CONTENTS/ACTIVITIES	LEARNING MATERIALS
1	REVISION	Revision of 2 nd term's work	<ul style="list-style-type: none"> - Toys - Dolls - Soaps - Tooth brush - Tooth paste. - Basin - Bucket - Sponge - Body cream - Oil - Lotion - Powder - Towel - Cotton wool - Glycerin - Water - Song books - Charts/posters on parts of the body. - Games - paper
2	Care of Nose	i. Guide pupils to identify nose on the body in addition to exposure of charts and posters on nose. ii. List and discuss the uses of nose e.g. smelling, breathing, sneezing.	
3	Care of Nose (cont'd)	Discuss and demonstrate proper care of nose e.g. use of clean handkerchief to remove dirt or mucus from the nose, keep away from inhaling dust, rotten smell, smoke, water.	
4	Cleanliness: Dresses	i. Give simple meaning of cleanliness in relation to dresses (pupils' school uniforms). ii. Mention dresses girls wear e.g. gown, blouse, skirt, wrapper. iii. Mention dresses boys wear	



		e.g. shirt, trousers, shorts, tie.	- Model of teeth - Pictures.
5	Cleanliness: Dresses (cont'd)	i. Discuss some materials that can be used for cleaning/washing dresses e.g. soap, detergent, bleach, water. ii. Demonstrate and discuss the steps to be taken in washing dresses. iii. Train pupils not to soil their dresses while eating.	
6	MID TERM BREAK	MID TERM BREAK	
7	Cleanliness: Foot-wears	i. Discuss the purpose of using foot-wears to pupils. ii. Give and discuss types of foot-wears e.g. sandals, shoes, slippers, canvas, socks etc.	
8	Cleanliness: Foot-wears (cont'd)	i. List and discuss some materials that are needed for cleaning foot-wears e.g. shoe brush, polish (oil or liquid based), foam etc. ii. Demonstrate and discuss the steps involved in cleaning foot wears. iii. Train pupils not to remove shoes anyhow while in the school.	

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9	Exercise	i. Give simple meaning of Exercise. ii. Demonstrate some exercises for the pupils e.g. jogging, jumping, bending, walking back and forth etc.	
10&11	REVISION	REVISION	
12&13	EXAMINATION	EXAMINATION	